

Qisati Camp Kit List

- *Water Bottle*
- *Backpack*
- *Cap or sun hat*
- *Sports sunglasses for UV Protection*
- *Hiking Boots*
 - *Two pairs on trainers*
- *Running leggings, shorts etc*
- *Loungewear for the evenings*
- *Plenty of vests and T shirts for training*
- *Sports Bras*
- *Jumpers and Hoodies (in the cooler months)*
- *Lightweight waterproof jacket (Essential in Autumn & Winter)*
- *Pajamas*
- *Swimwear*
- *Flip Flops*
- *Goggles & Swim hat (Optional)*
- *Toiletries*
- *High protection Sun tan lotion & After Sun*
- *Any medication you may need , eg painkillers etc*
- *Blister plasters*
- *Books for down time*
- *Hairdryer*
- *Yoga mat*